

AUSTRALASIAN GOOD TIDINGS

E-NEWS – 30 November 2014 #35

Youth Sabbath – Elim Heights Youth Camp

Sabbath 29th November 2014



Whenever there is a fifth Sabbath in the month, the Sydney churches assemble together to hold the regular Sabbath meetings combined at Elim Heights Youth Camp. The NSW Youth Department asked the NSW Conference if they could delegate the 29th November as a Youth Sabbath, this being where the youth lead out and run all the Sabbath programs for that day. The request was granted by the committee, so we were all treated by the youth with a wonderful “Youth Sabbath”!

As normal the morning program started at 9:30am with the Sabbath School. This meeting was led by Vivian Cosson and Kiara-Shaye Hake. The previous week’s lesson “The One Soul Audience – Nicodemus” was reviewed by Amos Thiel. We then separated into two classes. The youth class was taken by Domenic Polistina and the adult class by Abraham Dumaguit and there studied the lesson for the day “The One Soul Audience – A Woman of Samaria”. The children met separately for their Sabbath School which was led out by Lusinda Ilic and Bianca

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Ilic. The children studied the experience of Elijah at Mount Carmel, then they decorated lovely “God is Love” posters in their own interpretation of art, with coloring in, using animal, stars and flower stickers, stencils, etc...

Then it was time for Divine Service. Jesse Ilic welcomed all. The opening hymn was sung and the opening verse was found in Hebrews 9:27 *“And as it is appointed unto men once to die, but after this the judgment:”* We then knelt down for the opening prayer and then announcements. David Dumaguit delivered the message for the day which was entitled: “The Days of Our Lives”. We are all given certain amount of time, and during this time it is very important to make the right choices as they will determine what our future will be. The final thought was that no one knows where they’ll be tomorrow, or what will happen in the future; now is the time to get to know Jesus and surrender our lives to the Him. The divine service was closed with Focus Singers rendering the item “I Surrender All”.



A delightful mainly raw lunch was organised by Ashley Sas, Alyssia Thiel and Amy Gules, the perfect menu for a hot day. Although many were concerned about the ‘raw’ idea and some were not very keen on this, lunch was very much enjoyed by all who attended; many were surprised and thrilled to taste such a variety of delicious raw dishes. To complement the raw menu, there was also bread, spreads and baked potatoes.

After lunch all had some time to walk or just relax and enjoy the nature around us before proceeding with Young People’s Meeting, which started at 2:00pm.

Young People’s meeting was led out by Cameron Thiel and Harry Wily. The topic was “Surrender All and Give Your Heart to Jesus”. There were many beautiful items, quizzes and nature segments presented, and although it was a young people’s meeting, it was lovely to see that praises and presentations were given also by the elderly.

We again had the opportunity to spend some in nature before another delicious meal of fruits and finger foods was enjoyed by those who stayed behind.

After the evening meal, all were invited to meet down at the new amphitheatre for the closing of Sabbath. Harry Willy led out in a song service which was accompanied by the singing of the cicadas! Benny Gules was given the privilege to take the very first meeting held in the amphitheatre. He invited those who wanted to say a few words of praise and thanks to God to do so. A number of people spoke. Rolf Hauptmann also brought out that where we were sitting started off as a man's vision. It was Robin Gordon who had this vision to build an outdoor amphitheatre, and from that it became a reality and as we see right now, a place very beautiful where we can worship God. Then Benny lead out in the reading of Psalm 121 and those who had their Bibles with them shared in the reading. Domenic Polistina prayed for the closing of the Sabbath.



We then assembled in the back of the dining hall for a social evening organised by Chris Cosson and Amos Thiel.

Many stayed and slept overnight at the camp for an early start to the Busy Bee planned for Sunday.

We praise God for the youth that we have amongst us. They are precious in God's sight; they will be the leaders of tomorrow. Our prayer is that they may employ their talents, enthusiasm and strength in edifying God and project God's image to the world.



"The future of society is indexed by the youth of today. In them we see the future teachers and lawmakers and judges, the leaders and the people, that determine the character and destiny of the nation. How important, then, the mission of those who are to form the habits and influence the lives of the rising generation. To deal with minds is the greatest work ever committed to men."

Temperance p. 270.



"When the youth is converted, do not leave him in idleness; give him something to do in the vineyard of the Master. According to his ability, let him be employed; for the Lord has given to every man his work."
Counsels on Sabbath School Work p. 82.

~ Reported by Lidia Voncina

For more photos: <http://www.sdarm.org.au/?p=6707>

Busy Bee at Elim Heights Youth Camp

Sunday 30th November 2014

Sunday the 30th November proved to be a very busy one at Elim Heights Youth Camp. With the Youth Convention just around the corner, a planned busy bee was in order. Around thirty people stayed and slept overnight after the Youth Sabbath so they could be ready for an early start Sunday morning. They were joined by others who came back in the morning ready for work.

The work accomplished included cleaning of main hall, children's room, kitchen, dormitories, the sanding and oil coating of the amphitheatre seats, painting, cleaning windows, shampooing carpets, building a human foosball course and many other jobs.



It is wonderful to have Br Robin Gordon living at Elim Heights Youth Camp as a caretaker. We truly appreciate his sacrifice and the hard work he has put into the place. Plans for improvement of the campground are not just in his thoughts, but achievements are made possible by huge amounts of very hard work. His accomplishments have been many, since arriving at Elim Heights. We want to thank him for all the work he has done and is still continuing to do. Also Sr Weymark has a huge interest in the property and does an enormous amount of work up there for which we are very grateful.

We pray that each one who will be coming to camp will enjoy this wonderful place out in nature, where we will be able to recharge our physical batteries while also recharging our spiritual ones.



For more photos:

<http://www.sdarm.org.au/?p=6513>

Prayer Request – Jeremiah Sas



Jeremiah, eldest son of Ruben and Elizabeth Sas, had a BMX accident on Sunday 30th November 2014 and broke his back (T6 and T7). He still has full use and feeling in his arms, shoulders, chest, neck and head. It is still very early to know for sure whether he will be able to walk or not but snippets of good news are that during his back operation they found out that his spinal cord was not severed only badly damaged and twisted, which they fixed; only time will tell what will happen. They also inserted a horizontal pin to support the T7 and vertical pin from T4 to T9 as the T6 vertebra was pushed out to the side, but is now realigned.

Jeremiah is coping remarkably well. Feeling 'pins and needles' and firm touch in his legs is frequent but not constant, and sometimes messages are

incorrect as he is feeling 'right leg' when it is actually 'left leg' being touched. Each day he sits for longer and longer periods in a chair, and his pain level is decreasing. He has been transferred to the rehab section of the Princess Alexandra Hospital in Brisbane and learning how to care for himself with his disabilities.

Many friends and family have been praying for Jeremiah and have

sent their love and support to the family, for which they are very thankful. Our request is that you please continue to pray for Jeremiah, as miracles do happen! We thank God for the miraculous improvements thus far and hope and pray for his continued healing.



~ Lidia Voncina

Tabakor College - Vanuatu

Brother Glenn Clements, our member from Tura Beach, South Coast of NSW, together with his wife Rosemarie, had a desire in their hearts to help the people in Vanuatu. They made a decision to open a Christian College catering for children's education there. After a lot of hard work and prayer, Tabakor College was founded in 2004. The school first opened at primary school level. Since then the school grew and expanded their curriculum into high school. Each year the student numbers increased, and at the beginning of 2014, 630 children were enrolled; the school also has over thirty staff employed.





This year ninety-nine students graduated from year 13 with an entrance to the University of the South Pacific (USP). This is the first time that the Tebakor College has produced such a high number of Year 13 USP graduates. At the graduation a number of speeches were given, one being from the University representative, and Br Glenn Clements also addressed the graduates by sharing the Biblical example of Joseph, who although sold by his brothers into Egypt, by his honesty and hard work was made the leader in the household of Pharaoh and became the ruler of the empire.

May God continue to bless this wonderful institution where the students not only can get a good secular education but also, most importantly, will learn about God.

For more photos: <http://www.sdarm.org.au/?p=6673>

Vegetarian Way Cooking Classes – Schofields Church NSW

3, 10, 17 November 2014

A number of people who have previously attended the “Vegetarian Way” cooking classes have been asking when the next session will be held. Due to other activities taking place, November was the best free time that we had, so we decided to hold these classes the first three Monday evenings in November. There was an average of 51 visitors attending, with the last Monday night having the largest number of attendees.

Before each practical session, we had a health talk presented by Naturopaths Amos Thiel and Alasdair Pow. These talks were very much appreciated by the audience, and the lectures were very informative.



In the first week's health segment, Amos spoke about blood sugar control. Here are some of the points brought out:

- Blood sugar control is very important for maintaining healthy weight, preventing diabetes, and general health. Fluctuating blood sugar levels also play a very significant role in mental illness causing irritability, mood swings, and difficulty concentrating and remembering things.
- Sugars are found not only in sweet foods but also in starchy foods like potatoes and grains, as when they are digested and broken down, they turn into sugar.
- Fiber and protein are what control the release of sugars into the bloodstream, so the three steps to maintaining healthy blood sugar are: 1. Include lots of fibre-rich salads, fresh fruits and vegetables and whole grains in your diet. 2. Have some protein-rich foods such as nuts beans or lentils with each meal, and 3. Avoid all refined sugars and starchy foods such as cane sugar, white bread, pasta, rice etc... This will enable you to avoid weight gain, anger, irritability, mood swings, and live a happy and healthy life.

Unfortunately due to technical problems we don't have it on posted YouTube.

The second week Alasdair Pow spoke about Diabetes. This used to be called Adult Onset Diabetes but no longer is called that today due to many young people and children suffering from it. You can hear and see this lecture and also the cooking demonstration on YouTube by clicking the link below:

<https://www.youtube.com/watch?v=1yo-79xej0I>. At the end of the night we distributed a 16 page booklet "Defeating Diabetes Type 2" – for those who are interested, they are available from RLPA for a donation of \$2 per booklet.

On the third and final week once again Amos Thiel shared his knowledge, this time on herbs which are found easily and how they can help with different health conditions. This presentation and the cooking demonstration are available to viewers at: <https://www.youtube.com/watch?v=cTdXRxBPC0>

After each health lecture, there was a practical cooking demonstration presented by Rosetta Ilic, Amy Gules, Stela Gules, Rosemary Voncina and Lidia Voncina. The dishes demonstrated were:

- | | |
|-------------------------------------|----------------------------------|
| • Refreshing Green Drink | • Creamy Mushroom Parcels |
| • Green Soya Bean Salad | • Walnut Maple Cookies |
| • Quinoa and Red Lentils | • Broccoli Salad |
| • Stir-fry Veggies – no oil | • Rice Paper Rolls |
| • Apricot and Mango Slice | • Polenta and Oriental Eggplant |
| • Vegetarian Brown Rice Sushi Rolls | • Sweet Pumpkin Gingerbread Cake |
| • Chickpea Satay Salad | |

Here are some of the recipes for you to enjoy:

Broccoli Salad

INGREDIENTS

Dressing

- 1 cup cashews (soaked and rinsed)
- ¼ cup lemon juice
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- 1 teaspoon stock powder
- 2 cloves garlic
- 2 dates
- 1 cup soy milk



Salad

2 heads broccoli
1 red capsicum, finely chopped
1 small jar pickled cucumbers, finely chopped
2 cups frozen peas
Boiling water

METHOD

- Firstly, place all dressing ingredients in a blender, and whiz at high speed until creamy. Refrigerate.
- In food processor, chop broccoli then transfer it into a mixing bowl.
- Add chopped capsicum and chopped pickled cucumbers.
- Place frozen peas in a sieve over the sink, and pour boiling water over peas to defrost; then drain. Add to mixing bowl with other veggies.
- Toss dressing into prepared salad mixture.

Green Soya Bean Salad

INGREDIENTS

400g frozen green soya beans
1 cup (150g) pearl couscous
1 onion, very finely diced
1 tablespoon olive oil
½ avocado, diced
½ tin corn kernels (approximately 200g)
½ red capsicum, diced
½ punnet cherry tomatoes (approximately 125g)
1 ½ stock cubes each cut in half (Massel chicken style – free from animal products)
½ teaspoon turmeric (or to taste)
1 teaspoon dried oregano (or to taste)
1 teaspoon salt
2 teaspoons sesame seeds, to garnish
1 teaspoon chia seeds, to garnish
Optional: cubed tofu marinated in salty water



METHOD

- Bring to boil 1 litre of water with ½ stock cube and ½ teaspoon salt. Add the green soya beans, and cook for about 5 – 6 minutes; drain and set aside.
- Dry fry couscous; then add to 1 litre of boiling water with ½ stock cube and ½ teaspoon salt. Cook for 4 – 5 minutes, drain and set aside.
- Sauté onion in olive oil and ½ stock cube. Add turmeric when done. Add sautéed onion to cooked couscous, and mix well.
- Combine couscous, cooked green soya beans, corn kernels and oregano, and set aside to cool for at least 5 minutes.
- Add diced avocado, cherry tomatoes and capsicum, and gently mix together.
- Mix through 1 teaspoon sesame seeds, and add another teaspoon on top to garnish.
- Sprinkle chia seeds on top to garnish.

Walnut Maple Cookies

INGREDIENTS

2 ½ cups walnuts ground in food processor
¾ cup wholemeal flour
1 teaspoon salt
⅓ cup flaxseed meal
⅓ cup carob chips
½ cup + 2 tablespoons maple syrup
2 teaspoons vanilla

METHOD

- Preheat oven to 180°C.
- In a small bowl add all the ingredients in the given order, and mix well.
- Drop dough onto cookie sheet with a spoon, and flatten with a fork.
- Bake for 10 to 15 minutes until golden brown; check often to prevent from burning. Let cool before removing from cookie sheet.



Makes 12 cookies.

We thank the many people who came and helped with food preparation, serving and handing out samples, cleaning, setting up and putting things back in place, webcasting, etc...

May God bless the work that is being done in many communities.

For more photos: <http://www.sdarm.org.au/?p=6609>

Detox Seminar and Workshop – Queensland

The “Detox from Your Cells to Your Soul” Health Seminar and Workshop was held in the Nundah Community Centre over the weekend of November, 7 – 9, 2014. Organised by the Clayfield Church, and sponsored by the AUC Health Department, the seminar covered the major principles of healthy living and offered practical ways of reducing the toxins not only in our bodies, but also presented ways of dealing with the emotional, mental and spiritual stresses we face. More than 20 visitors from the public attended collectively over the three days. Peter Lausevic, EMC Director, and Susan Lausevic, AUC Health Department Director, were the guest speakers. A very encouraging experience took place on the Sabbath when one young man in response to the message presented on dealing with guilt, gave his heart to the Lord. We praise the Lord for the blessings gained and look forward to our next seminar in the New Year.



NSW Youth Day Outing – Bike Riding

16 November 2014



Once again an enthusiastic number of youth and older folks met together at Lady Carrington Drive, Royal National Park NSW with their bikes at 9:45am.

As the day dawned, it was pouring rain in Sydney, but that did not deter the keen ones, who were looking forward to enjoying God's beautiful creation, to still come along. The closer we got to the National Park, the clearer the skies became until there was a beautiful clear day with gorgeous blue skies and fluffy white clouds. God had a special plan for our time out in nature and we thank Him for that.



Not all who turned up went on the 10km bike ride; six persons decided to go on a forrest walk instead. So after the bike riders left, the walkers drove as many cars as possible to the end of the biking track as this was going to be a one way trip, and this was also where the "Forrest Walk" began. The walkers started off very happy, enjoying the scenery until the word 'leaches' was mentioned; and from then on, everyone was on the lookout for leaches, which all had at one time or another. Everyone met together once again at the end of the bike track and walking track, and it was agreed to go to Wattamolla where a long-awaited-for

combined potluck picnic lunch was very much enjoyed by all.

Those who came were invigorated with the doings of the day, and we thank our wonderful heavenly Father for the beautiful day He gave us and also that no harm came to anyone.

"Let several families living in a city or village unite and leave the occupations which have taxed them physically and mentally, and make an excursion into the country, to the side of a fine lake, or to a nice grove where the scenery of nature is beautiful. They should provide themselves with plain, hygienic food, the very

best fruits and grains, and spread their table under the shade of some tree or under the canopy of heaven. The ride, the exercise, and the scenery will quicken the appetite, and they can enjoy a repast which kings might envy."

"On such occasions parents and children should feel free from care, labor, and perplexity. Parents should become children with their children, making everything as pleasant for them as possible. Let the whole day be given to recreation. Exercise in the open air for those whose employment has been within doors and sedentary will be beneficial to health. All who can should feel it a duty to pursue this course. Nothing will be lost, but much gained. They can return to their occupations with new life and new courage to engage in their labor with zeal, and they are better prepared to resist disease." Adventist Home pp. 501, 502.

For more photos: <http://www.sdarm.org.au/?p=6521>

Fly & Build – Stage Two – Elim Heights Youth Camp

Elim Heights Youth Camp – 2-7 November 2014



The time was set again to come back and finish the project started at Fly and Build Stage One. Although we didn't have as many volunteers on the ground as during stage one, one faithful group of people came together and straight away started working.

Monday

There were a few missing posts that needed concreting and some sleepers cut into right length and installed. Madalin Duna and Gabi Mandic started welding all the brackets that now hold the seating; and as soon as the first row was done, the timber seating was installed. We were all amazed how good it looked. Three rows of seating were installed, and we ran out of daylight.

Tuesday

The work of welding and installing more seating continued all day. Domenic Polistina came early in the morning to help. He adjusted all the sleepers to the right height so there is no gap between the top of the sleepers and the bottom of the seats.

Jared Chapman arrived also to give us an extra hand, and as soon as he got out of the car he started levelling the soil behind each retaining wall. He has also taken photos of the progress each day. More seats were installed; and as each row was finished, we could not stop admiring how nature and man-made structure blend so well in this beautiful spot.

Wednesday

Early in the morning Robin Gordon went in to pick up a little dingo to help us quickly backfill all the retaining walls and fill each row with crusher dust. Paul Cunningham came also, and he helped us with welding and bringing soil and crushed rock in between each row. Br Craig Cunningham helped compacting soil and cutting materials and many other things that a job like this involves.

In the afternoon the weather was not so good to us in a way but perfect in another way. A storm came in with wind and lots of rain and even hail. We were drenched within 3 minutes trying to collect tools and put them under shelter. So we hopped onto the back of a trailer to hitch a ride back to the kitchen while trying to dodge huge hail stones, which gave us an unwanted, uncomfortable back massage. But thank the Lord, He protected us all, and we got to shelter safely.

While this weather stopped us finishing the work, it also gave us time to go down to Windsor and get some more materials for this stage. While we were out shopping, the freshly backfilled soil got well compacted by the rain and hail.

Thursday

Again the work started early, and we managed to install all the seats. It was now time to create the foundation for the stage. Br Robin brought huge bucket loads of rocks which form the foundation for the stage. When that was finished the stage was measured out, and the process of building began. Within an hour the bearers and joists that hold the decking that forms the stage were built. Half of the decking was screwed down as well.

Some of us had to leave in the evening, so we didn't get to see the finished stage. We left behind three faithful volunteers to finish the job: Robin, Gabi and Madalin. They worked till late in the evening.

Friday

The next morning they finished backfilling the rows with crusher dust and compacted it. They have even drilled some holes for one of the recreational facilities so that work can be done some time before the end of the year.

There were volunteers that worked from behind the scene who cooked and sent or brought very tasty food for us. These are Sisters Lidia Voncina, Lizy Thiel, Nadine Polistina and Amy Gules. Without them this project would have not been successful.

There are others who will finish varnishing the seats and the stage at a later date. Also there were others who supported the project financially and by other means.

We would like to give a special thanks to Sr Elaine Weymark who encourages and supports these projects. Br Robin Gordon also deserves a special mention as he is always there, quietly transforming the entire campground.

May the good Lord bless all who in any way helped or are still helping not only with this project but in the work for our youth in general.

~ *The Youth Challenger Team*



YOUTH CHALLENGER

2014

Youth Challenger Magazine 2014 is now available!

Your Youth Challenger “Year Book.”

Reflecting on the year 2014 – with 100 pages of articles, experiences, poems, news and pictures of what has happened in the Youth Department in 2014.

There is a short interview with Br Branislav Jaksic (founder of the Youth Challenger Magazine) – “50 Years of Service for our Youth” how the Magazine started and what he hoped it would accomplish.

Purchase your copy for **\$15.00**

Contact Lizy at

RLPA 02 9627 7553 or email info@rlpa.org.au

International Youth Convention – Video Highlights

It has been more than 3 months since the closing of the International Youth Congress in Marusevec, Croatia this past summer. Surely, much has happened since that time in the lives of each of you who were present at the IYC2014.

The event has ended, but we hope some things have remained. New friendships. Stronger faith. Discovered talents. Good life decisions. We pray that the Lord keeps leading you in the future.

We would like to help you bring back good memories by the songs played at the IYC. Some are from the concert on Thursday evening and the others were presented on Sabbath. You can watch a playlist from the concert starting with the hymn “All to Jesus I surrender” by the group Renovassom on the following link:

<http://www.youtube.com/watch?v=QpD9eTB4if8&index=3&list=PLH75LAcYosm8xM2i7xUNKP1iXOiZUr4Fn>

We also invite you to watch the song by the International Youth Choir where you will definitely spot some of your friends!

<http://www.youtube.com/watch?v=F6HvLKV0Jgk&index=1&list=PLH75LAcYosm8NLs0192VsIR8k0tNMuw2P>

Sabbath School Seminar – Queensland

On the weekend of 21 – 23 November, 2015, Sam Batger, AUC Sabbath School Department Director held a Sabbath School Workshop in Clayfield, Brisbane. The workshop focused on the purpose of Sabbath School work and how we can get our younger Sabbath School members more involved in Sabbath School outreach. Among the plans discussed was the implementation of Missionary Projects for the younger classes in the Sabbath School. This involves each class in the children's and youth Sabbath School classes choosing a missionary project that they would like to give offerings to. Those who attended thoroughly enjoyed the workshop and discussions. They are now looking forward to putting into action some of the plans and ideas in the coming year.

NSW Youth Focus Meeting

FOCUS on Success - 1 November 2014

The first Sabbath of the month had come around again, November 1st, and this called for another Youth Focus Meeting night. This night was decided to be a fruit and finger food night, as being summer-like, and with the beautiful hot weather, fruits were sure to cool us all down. It was held at Joe and Lidia Voncina's home, where Br Peter Lausevic held an open discussion on "Success" and what this word means to all of us. Could it mean reaching goals? Doing things to the best of your ability? Having motivation to achieve above your own goals?

If you could picture in your mind that your life was over...what would success mean to you now? Having no regrets? Making things right? The importance of relationships? Is it possible to look at eternity beginning here...and making it a continuation of living today? What about salvation and health? Being transformed, changed, or being a better person?

'Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.' Philippians 1:6.



What does this mean?Having confidence in God that he will accomplish this in us.

'He that hath the Son hath life: and he that hath not the Son of God hath not life. These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God.' 1 John 5:12, 13.

Is it possible to know that we can have eternal life? ...YES!

'Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?' 2 Corinthians 13:5.



We need to examine and truly evaluate ourselves.

God needs all of us in His work; He needs us to be active in our plans and to fulfil our plans. We cannot have a successful life without good physical or spiritual health. Are we going to regret in 10 years' time what we have done or what we could have done better? How important is it to live for Christ, not for vain glory. How do we achieve our goals? Spiritually and personally they are both interwoven. In closing his talk, Peter mentioned 12 important points that we must remember as people and workers for God.

1. Have focused goals.
2. Take decisive and immediate action.
3. Focus on being productive, not just being busy.
4. Make logical, informed decisions.
5. Avoid the trap of being perfect.
6. Work outside of your comfort zone.
7. Keep things simple - don't complicate things.
8. Make continuous improvements.
9. Measure and track your progress.
10. Always have a positive attitude, especially when you have made a mistake or a failure.
11. Spend time with motivational people, who have spiritual success.
12. Maintain balance in life.

If we apply all these 12 points in our lives, we will be able to make success achievable.

'Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,' 2 Timothy 1:9.



~ Reported by Kiara-Shaye Hake

Coming Events Calendar

21 - 26 December 2015 Education & Family Symposium

Location: Elim Heights Youth Camp, NSW

For Further information email education@sdarm.org.au

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